

Fall 2021

North Coast Schools
Medical Insurance Group

Special Plan Change Period



Beginning on January 1, 2022, NCSMIG will have four Medical Plan choices for its members. With this transition, members that are currently enrolled on the Redwood or Sequoia Medical Plans are required to make a new plan election, for an effective date of January 1, 2022. This special plan change period will be held November 1st through November 19th.

Plan changes are binding for the entire plan year, unless you have a qualifying change in family status, such as marriage, divorce, adoption or birth of a new child. Dependents may not be added to your coverage during this Special Plan Change Period, unless there is a qualifying event.

How Do I Change Plans?

- From Nov. 1 – Nov. 19, active employees can log onto our self-service member portal at www.MyHealthBenefits.com
- Employees may elect a new plan choice by submitting a Benefits Enrollment Form to their district office instead. Retirees must elect a new plan via the Benefits Enrollment Form.

What If I Do NOT Elect a New Plan?

- **Redwood Plan:** Members currently on the Redwood Plan that fail to elect a plan change will be placed on the Oak Plan, effective Jan. 1, 2022.
- **Sequoia Plan:** Members currently on the Sequoia Plan that fail to elect a plan change will be placed on the Spruce Plan, effective Jan. 1, 2022.

REACH - CAL-ORE Life Flight: \$65/Year for the whole household

In a medical emergency, every second counts, especially when transporting patients who are far away from adequate medical treatment. No one knows that better than the flight crews at Cal-Ore Life Flight, an emergency air ambulance program with over three decades of experience.

Cal-Ore Life Flight medical transport teams are on duty 24-hours a day, 365 days a year at ALL of their base locations in order to assist the communities they serve.

AirMedCare Network providers respond to scene calls, hospital-to-hospital transports, and assist search and rescue, carrying seriously ill or injured patients to the nearest appropriate medical facility.



One flight can cost thousands of dollars and may not be covered in full by your insurance plan. AirMedCare Network providers offer a broad membership plan that covers the remaining balance of your transport after your insurance plan has paid, leaving you with no out-of-pocket air medical transport expenses.

As a member, the AirMedCare Network provides you with reciprocity among more than 200 helicopter and airplane base locations coast-to-coast, across 28 states. Thus, you could be flown by any one of the AirMedCare Network partners and experience the same benefits (i.e. no out-of-pocket expenses for a medically necessary flight).

Become a member TODAY! For more information or to enroll contact Jennifer Hart, Membership Sales Manager, at 530.510.2915 or jennifer.hart@gmr.net.

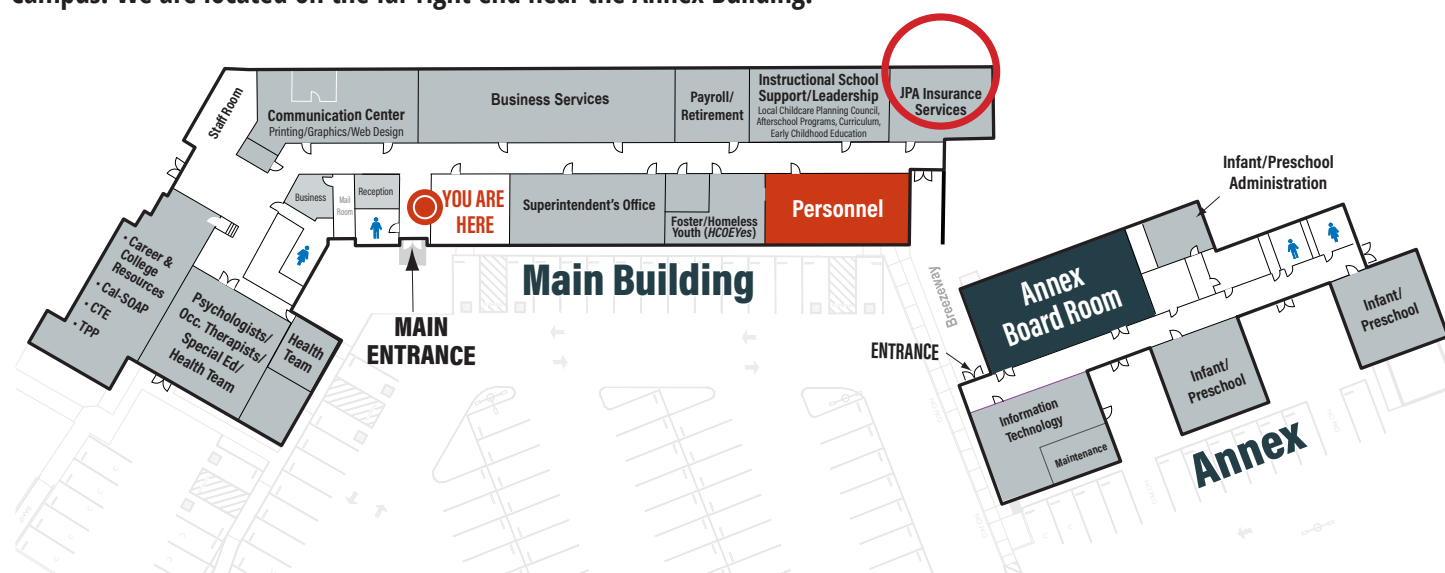


The Pulse

Health Screening Schedule

DATE/TIME	SCREENING LOCATION
Thursday, October 7 6:00 - 9:00 a.m.	Humboldt County Office of Education - Resource Center Redwood Room Contact: NCSMIG (707) 445-7126
Thursday, October 14 6:00 - 9:00 a.m.	Fortuna Union High School - Foyer of Damon Gym Contact: Rebecca Wilkinson (707) 725-4461
Tuesday, October 19 6:00 - 9:00 a.m.	Arcata High School - Fine Arts Building Contact: Tammy Pires (707) 839-6481
Thursday, October 21 7:00 - 9:00 a.m.	Ferndale High School Library Contact: Denise Grinsell (707) 786-5900
Tuesday, October 26 6:00 - 9:00 a.m.	Humboldt County Office of Education - Resource Center Redwood Room Contact: NCSMIG (707) 445-7126
Tuesday, November 2 6:00 - 9:00 a.m.	Eel River Community School (Fortuna) Contact: NCSMIG (707) 445-7126
Thursday, November 4 6:00 - 9:00 a.m.	Humboldt County Office of Education - Resource Center Redwood Room Contact: NCSMIG (707) 445-7126
Tuesday, November 9 6:00 - 9:00 a.m.	Humboldt County Office of Education - Resource Center Redwood Room Contact: NCSMIG (707) 445-7126
Monday, April 25 6:30 - 9:00 a.m.	Golden Eagle Charter School - Library Contact: Lori Barnaby (530) 926-5800
Tuesday, April 26 6:30 - 9:00 a.m.	Middletown High School - Minnie Cannon Elementary Contact: Kriss Davis (707) 987-4100

Please note that the JPA Insurance Office has moved to their new location in the Administrative Building on the Franklin Campus. We are located on the far right end near the Annex Building.



Blue Shield 24/7 Nurse Line: 1-877-304-0504

Teladoc 24/7 Physicians: 1-800-835-2362



Blue Shield of California
www.blueshieldca.com • 855-256-9404



Vision Service Plan VSP
www.vsp.com • 800-877-7195



CVS/Caremark
www.caremark.com • 844-207-2081



Guardian Dental
www.guardiananytime.com • 800-541-7846